

### **ABSTRACT OF DISCLOSURE:**

In mobile communications system comprising a network and at least one mobile station, a method for selecting a transport format combination TFC to be used for communication from the mobile station to the network, over a channel of variable quality. The method includes calculating a channel quality requirement for the effective use of each transport format combination; indicating the transport format combinations and the channel quality requirements to the mobile station; calculating an existing quality of the channel; and indicating the existing quality of the channel to the mobile station. The method also includes (in the mobile station), receiving the indication of existing channel quality; and selecting one of the transport format combinations having a channel quality requirement no greater than the existing channel quality.